

Sesame Free - Thorpe

WEEK 1
WEEK 2
WEEK 3



Please note
AA in a dish name
refers to **Allergy Aware**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Chicken Kebab with Pitta	Beef Bolognese with Pasta	Roast Chicken Fillet & Pan Gravy	Bunless Homemade Beef Burger 688325	Chicken Nuggets & Chips
VEGGIE	Smokey BBQ Pulled Jackfruit	Super Swirl Veggie Pasta	Cheesy Veggie Hot Pot with Gravy	Bunless Spinach & Chickpea Burger 679531	Vegan Nuggets & Chips
SIDES	Steamed Rice, Sweetcorn & Green Beans	Carrots & Broccoli	Rustic Roast Potatoes with Seasonal Vegetables	Homemade Potato Wedges & Baked Beans	Beans or Peas
PASTA & JACKET	Italian Tomato Twirl Pasta	Jacket Potato with a Choice of Fillings	Mac & Cheese	Jacket Potato with a Choice of Fillings	Tomato & Vegetable Pasta
PUD	Summer Fruit Cheesecake	Chocolate Cake & Custard	Vanilla Crunch Biscuit	Chocolate Cloud Mousse	Vanilla Sponge with Chocolate Sauce
Fresh Fruit Freshly Baked Bread NO DAILY SALAD BAR					

Only serve what is on this menu

No sesame or products flavoured/containing these

This menu is written based on the standard menu. If you are using halal recipes this menu should not be used.

DATES

31 AUG / 21 SEPT /
12 OCT / 09 NOV /
30 NOV

STOP AND THINK!

Have you completed the Student Allergen Management Record?



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Mac & Cheese	Sweet & Sour Chicken	Butcher's Sausage & Gravy	Beef Bolognese with Pasta	Captain's Crispy Fish Fingers & Chips
VEGGIE	Roasted Butternut Squash Topped Mac & Cheese	Sweet & Sour Roasted Vegetables	Veggie Sausage & Gravy	Vegetable & Lentil Bolognese with Pasta	Vegan Nuggets & Chips
SIDES	Sweetcorn & Peas	Steamed Rice & Green Beans	Mashed Potatoes & Carrots	Peas & Sweetcorn	Crispy Wedges & Beany Beans
PASTA & JACKET	Jacket Potato with a Choice of Fillings	Italian Tomato Twirl Pasta	Jacket Potato with a Choice of Fillings	Tomato & Vegetable Pasta	Jacket Potato with a Choice of Fillings
PUD	Apple Sponge & Custard	Chocolate Shortbread Biscuit	Sticky Toffee Apple Crumble with Custard	Jam Sponge with Custard	Cool School Ice Cream
Fresh Fruit Freshly Baked Bread NO DAILY SALAD BAR					

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DATES

07 SEPT / 28 SEPT
/ 19 OCT / 16 NOV /
07 DEC

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Italian Tomato Twirl Pasta	Cowboy Beef Chilli	Pepperoni Pizza	Chicken Biryani	Crispy Catch Fish & Chips
VEGGIE	Sticky Veggie Pasta Surprise	Tex Mex Mild Veggie Chilli	Vegetable Biryani	Jerk Vegetable Curry	Cheesy Pizza & Chips
SIDES	Broccoli	Steamed Rice & Broccoli	Paprika Spiced Vegetables	Rice & Peas	Beans or Peas
PASTA & JACKET	Jacket Potato with a Choice of Fillings	Mac & Cheese	Jacket Potato with a Choice of Fillings	Italian Tomato Twirl Pasta	Jacket Potato with a Choice of Fillings
PUD	Iced Vanilla Sponge	Syrup Sponge with Custard	Oaty Crunch Cookie	Mixed Berry Crumble with Custard	Chocolate Cake & Custard
Fresh Fruit Freshly Baked Bread NO DAILY SALAD BAR					

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DATES

14 SEPT / 05 OCT /
02 NOV / 23 NOV /
14 DEC

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